

DINNERLY



Weeknight Chicken Pasta with Roast Tomato and Fresh Oregano



30 minutes



2 Servings

Pasta is the ultimate easy dinner solution. Here, we've made a lip-smacking sauce with chicken and roast tomato, while fresh oregano gives the dish a vibrant finishing touch.

WHAT WE SEND

- 1 tomato
- 1 red onion
- 5g Italian seasoning¹⁷
- oregano
- 1 large free-range chicken breast fillet
- 250g spaghetti¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs olive oil
- 1 garlic clove
- 2 tbs tomato paste
- 1 tbs balsamic or red wine vinegar¹⁷
- 1 tsp sugar

TOOLS

- oven tray
- baking paper
- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

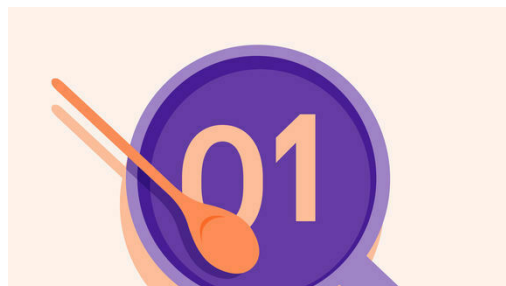
Due to current supply shortages, we've substituted spaghetti for the tagliatelle, pictured. Don't worry, the dish will be just as delicious!

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

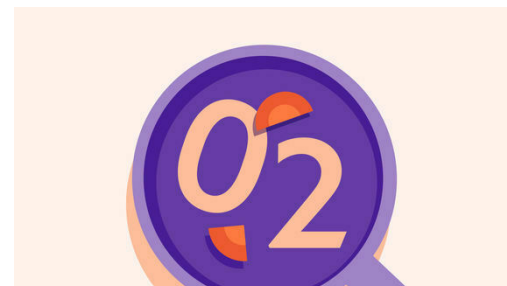
NUTRITION PER SERVING

Energy 725kcal, Fat 22.3g, Carbs 78.9g, Proteins 46.8g



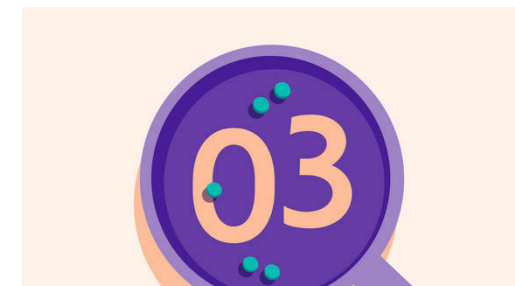
1. Roast veggies

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **tomato** into wedges. Cut the **onion** into thin wedges. Put the **veggies** on the lined tray. Drizzle with **1 tbs olive oil** and scatter over the **Italian seasoning**. Season with **salt and pepper** and toss to coat. Roast for 15 mins or until tender.



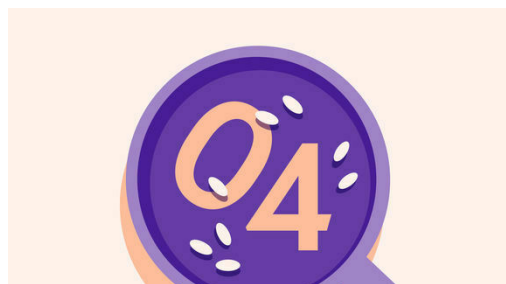
2. Cook pasta

Meanwhile, bring a medium saucepan of salted water to the boil for the pasta (see Cooking tip). Crush or finely chop **1 garlic clove**. Pick the **oregano** leaves, discarding the stems. Thinly slice the **chicken**. Cook **three-quarters of the pasta*** in the pan of boiling water for 12 mins or until al dente. Reserve **125ml (½ cup) cooking water**, then drain the pasta.



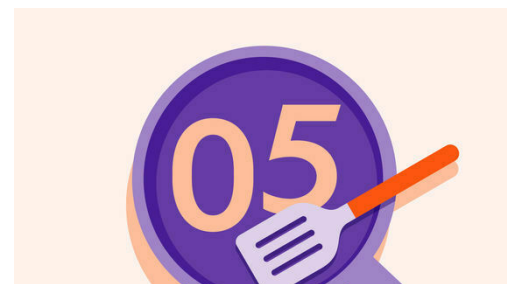
3. Cook chicken

Meanwhile, heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken** and **garlic**, stirring, for 3-4 mins until the chicken is browned and cooked through.



4. Make sauce

Add the **tomato and onion**, **reserved cooking water**, **2 tbs tomato paste**, **1 tbs balsamic vinegar** and **1 tsp sugar** to the chicken and cook, stirring, for 1-2 mins until warmed through (see Make it yours). Taste the sauce, then season with **salt and pepper**.



5. Serve up

Add the **pasta** to the sauce and toss to combine. Remove the pan from the heat. Divide the pasta among bowls, scatter over the **oregano** and enjoy!



6. Make it yours

Like your sauce a bit thinner? Just add a little more water to the pasta sauce.